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PRESS RELEASE

For Immediate Release

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LEXINGTON RECEIVES TRUST RECREATION GRANT, HOLDS ENGAGED & EMPOWERED WELLNESS EVENT

Gloversville, NY – Lexington has launched their new wellness initiative, “Engaged & Empowered,” in its day programs. “Engaged & Empowered” focuses on the principles of Positive Psychology and uses “Health Matters,” an exercise, nutrition and health education curriculum for people with developmental disabilities. Lexington has partnered with the Mayo Clinic to receive training on how to support individuals with their wellness plans and goals. Several of the initial trainees will soon become wellness coaches who support their peers through a program called “Health Messages.”

On Friday, December 20, 2013, Lexington held its first “Engaged & Empowered” Day, an agency-wide event with over 200 attendees that was held at the new Center at Lexington, located at 465 N. Perry St., Johnstown. The day’s activities included a healthy cooking class, aromatherapy and meditation demonstrations, prizes for the most laps walked around the indoor walking track, an awards ceremony celebrating personal

wellness achievements and a healthy lunch. Proceeds from the lunch will go toward the purchase of wellness equipment. Lexington will continue to explore opportunities to expand its wellness programs and is actively seeking donations to help purchase additional equipment such as exercise bicycles.

Lexington recently received \$6,000 from NYSARC Trust to begin the purchasing of adaptive wellness equipment for the individuals in its day programs. The Trustees of the NYSARC Trusts provided Lexington, Fulton County Chapter, NYSARC Inc. with a \$6,000 grant to support recreational opportunities for Chapter consumers. The NYSARC Trusts administer supplemental needs trusts that enable people who have disabilities to remain in their home and community and retain their Medicaid eligible services. The Trustees utilize remainder funds to benefit other persons with disabilities including unfunded Chapter guardianship programs as provided by statute. In addition to the recreation grant, the Trustees awarded \$1,225,500 to support Chapter Guardianship programs. Information on how you may benefit from a NYSARC Trust is available by calling (518) 439-8323 or (800) 735-8924 or at info@nysarctrustservices.org.

To make a donation toward the purchase of new wellness equipment or to learn more about Lexington's Engaged & Empowered program, please contact Katherine Ehle at ehlek@lexcenter.org or (518) 736-3909.

Lexington, a Chapter of NYSARC, Inc., is a private, not-for-profit agency providing a wide range of services to adults and children who are disabled in Fulton and Albany Counties. Created in 1953 by a group of concerned parents, Lexington is recognized as one of the leading agencies of its kind in New York State.

*For more information about Lexington and its programs and services, visit
www.lexingtoncenter.org or “like” us on Facebook: Lexington – Chapter of NYSARC,
Inc. or www.facebook.com/LexingtonARC*

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